

★ WATER AEROBICS ★

AQUACISE AQUA THERAPY

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Designed for those needing a gentler workout. This moderately paced class combines stretching and therapeutic strengthening exercise. This class is ideal for physical therapy patients and the rehabilitation of injuries. It is a great introductory class for those new to exercise and water aerobics. These classes are taught in shallow 88 degree water.
Perfect for Active Adults!

Ages: 12 & Over

Instructor: Katy Walck

Dates: Mondays

Time: 9:30-10:30am

1/4/16-5/23/16 **NO CLASS 1/11**

AQUACISE

Aquacise is an easy to follow, calorie burning, low impact water fitness class. Using both the leisure and lap pools this class aims to improve energy, dexterity, and flexibility.
All Levels Welcome!

Ages: 16 & Over

Instructor: Cindy Viehman

Dates: Tuesdays & Thursdays
1/5/16-5/24/16

Time: 8:45-9:45 am

Purchase any number of punches to attend any Water Aerobics Class that is offered—No Expiration

- ◆ 12 class punch card for \$48 M / \$60 NM
- ◆ 6 class punch card for \$30 M / \$36 NM
- ◆ Drop in for any class will be \$6

HENRY GORA'S SENIOR FITNESS CLASSES

Henry Gora is the instructor for this extremely popular class. Participants will work on flexibility, strength, and range of motion in this fun and relaxed atmosphere.

Senior Weights and Band Exercises

Senior Water Aerobics

WINTER SESSION DATES:
1/11/16-3/4/16

WINTER SESSION:
1/12/15-3/3/16

SPRING SESSION DATES:
3/7/16-4/29/16

SPRING SESSION:
3/8/16-4/28/16

Mon., Wed., and Fri. 10-11 am

Tues. & Thurs. 10-11 am

Fees: \$40 to attend **BOTH** classes Monday-Friday
OR

\$2 Drop in Weight & Band Class; \$6 Drop in fee Water Aerobics
OR

\$20 to **ONLY** attend Weights and Band Classes

